

O3A ADVISORY COUNCIL AGENDA

Meeting Date: Tuesday, November 16, 2021
Time: 10:00 a.m. – 12:30 p.m.
Location: Via Conference Call – Zoom
Call Info: ZOOM meeting – see email for instructions
Copy also enclosed behind agenda (p.1)



Elizabeth Pratt, 2021 Chair

- Call to Order
- Roll Call (Verbal verification from membership roster) **Roll Call**
- New Business/Changes to Agenda
- Public Comment
- Select December and January COG Meeting Attendee(s) **Select**
- Membership Review/Approval (p.2-5) **Motion**
 - Re-appointment of Elizabeth Pratt
 - Application, Grays Harbor, recommend Pam Tuttle
 - Application, Clallam (enclosure to be provided separately)
- Review/Approve Minutes for October 19, 2021 (p.6-8) **Motion**
- Election of 2022 Officers (Chair and Vice-Chair) **Election**
 - Nominating Committee presents slate
 - Chair asks for Nominations from floor
 - Election – New officers take office end of meeting

Eva Bennett: SHIBA (p.9-10) **Presentation**

Laura Cepoi, Executive Director **Report**

- O3A News
- Family Caregiving (p.11)

Jody Moss, Director, Contracts & Planning **Report**

- ARP Act Funds
- Area Plan submitted
- Retirement

Janis Housden, Contract Specialist **Report**

- Senior Legal Advice Clinic update (p.12-13)

Local & Committee Reports/Announcements **Report**

State Council on Aging – Joe Sharkey

Elizabeth Pratt, 2021 Chair

- Public Comment
- Adjourn Meeting **Adjourn**

Next Advisory Council meeting: January 18, 2022 via ZOOM. **No December Meeting.**

Next COG meeting: Thursday, December 2, 2021 & January 6, 2022 at 10:00 a.m. by video conference/call.

James, Hayley V. (DSHS/AAA/OLYMPIC)

From: Henden, Ingrid R. (DSHS/AAA/OLYMPIC)
Sent: Tuesday, November 9, 2021 9:50 AM
To: Becca Knievel (knievelr@gmail.com); Beth Pratt; Charla Wright (Charla.Wright@lhcgroupp.com); Connie King (redheadedgreek@gmail.com); Dale Jacobson (aeidj@yahoo.com); Denny Evans (denJoyevans@ymail.com); dennyevans@grandpad.me; Ginny Adams (gadams@olypen.com); Jane Lauzon (lauzon64@comcast.net); Joe R. Sharkey (jrsharkey@tamu.edu); Karen Sturnick (karensturnick@msn.com); Laura Morris; Margaret Taylor (margarettaylor65@msn.com); Marti Anthony (MARTHA679@msn.com); Sandy Goodwick; Susan Conniry; Tom Edwards
Cc: James, Hayley V. (DSHS/AAA/OLYMPIC); Moss, Jody M. (DSHS/AAA/OLYMPIC)
Subject: November AC Meeting Info

Good Morning!

Below please find the Zoom link for the Advisory Council meeting next Tuesday.

For those of you would like to save this recurring meeting (third Tuesday) to your calendars, the Zoom link remains the same each month.

Topic: O3A Advisory Council Meeting
Time: November 16, 2021 10:00 AM Pacific Time (US and Canada)
RECURRING

Join Zoom Meeting

<https://us02web.zoom.us/j/86851360849?pwd=TmRxRitkdTgrNkt2Z0V3aFB3RXBtZz09>

Meeting ID: 868 5136 0849

Passcode: 063910

Dial by your location

+1 253 215 8782 US (Tacoma)

Ingrid Henden

(she/her/hers)

Contract Specialist

Olympic Area Agency on Aging

O: 360-379-5064

C: 360-302-1986 (best option!)

ingrid.henden@dshs.wa.gov



Olympic Area Agency on Aging

2200 W. Sims Way, Suite 100

Port Townsend, WA 98368

www.o3a.org

Phone: 360-379-5064 or 1-866-720-4863 Fax: 360-379-5074

MEMORANDUM

Date: November 9, 2021
To: O3A Advisory Council
From: Jody Moss, Director, Contracts Management and Planning
RE: AC Member Recommendations – Reappointment for Elizabeth Pratt

Elizabeth (Beth) Pratt, Clallam County, who's first 3 year term will end in February 2022, has agreed to serve for a second three year term.

Staff Recommendation: Staff proposes that the Advisory Council recommends that the Clallam County Commissioner appoint Elizabeth Pratt for an additional three year term on the Advisory Council.

PROPOSED MOTION:

- 1. The Olympic Area Agency on Aging Advisory Council recommends that the Clallam County Commissioners reappoint Elizabeth Pratt for second three-year term as Clallam County representatives on the Olympic Area Agency on Aging Advisory Council.**



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MEMORANDUM

Date: November 9, 2021
To: O3A Advisory Council
From: Ingrid Henden, Contract Specialist
RE: AC Member Recommendation – Grays Harbor County

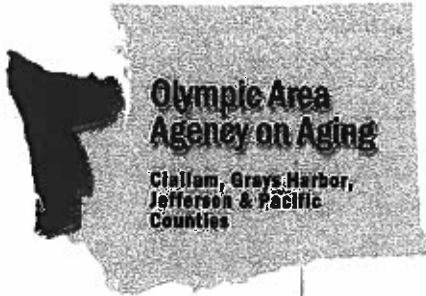
The Advisory Council currently has one vacancy in Grays Harbor. In response to recruitment efforts, we received two applications. Unfortunately, one of those applicants did not respond to a request for an interview.

On November 9, an interview panel of Advisory Council Chair Beth Pratt, Vice-Chair Becca Knievel, and O3A Contract Specialist Ingrid Henden met with the remaining applicant, Pam Tuttle. Grays Harbor representative Laura Morris was unable to attend due to power outages.

Pam Tuttle previously served on the O3A Advisory Council from 2017 – 2021, and was an active participant in council activities, advocacy, and meetings. Pam has been a critical part of the North Beach Senior Resource Center for years, collecting a vast library of resources available to help those in her community. Even when she moved away for a short time she still continued to utilize those resources to help those in need. Pam has been active in her Ocean Shores community, hosting soup and sandwich luncheons, delivering groceries to people at home, and doing what she can to help others. She has also been a caregiver to five different people, and understands the stresses and needs of family caregivers.

The panel unanimously recommends Pam Tuttle for the Grays Harbor Representative position.

PROPOSED MOTION: The Olympic Area Agency on Aging Advisory Council recommends the Grays Harbor County Commissioners appoint Pam Tuttle to a three-year term as a Grays Harbor Representative on the Olympic Area Agency on Aging Advisory Council.



Olympic Area Agency on Aging

11700 Rhody Drive
Port Hadlock, WA 98339

www.o3a.org

Phone: 360-379-5064 or 1-866-720-4863 Fax: 360-379-5064

RECEIVED
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O3A PORT HADLOCK

APPLICATION FOR ADVISORY COUNCIL MEMBERSHIP

Name: Pamela J Tuttle

Address: [Redacted]
[Redacted], [Redacted], [Redacted]

Telephone: (home) _____ (work) _____ (cell) [Redacted]

Email: [Redacted]

In what field of work have you been most involved? North Beach Senior Resource Center for 5 years

Membership Position Applied for: The Advisory Council consists of four representatives from each county in our service area, plus 5 regional positions as below listed (21 in all):

- County (circle which county): Clallam Jefferson Grays Harbor Pacific
- Regional Tribal Regional Minority
- Regional Disabilities Regional Elected Official

(State Council on Aging liaison is appointed by the Governor)

We are required by the Older Americans Act to ensure appropriate representation of ethnic groups and older adults:

Your Ethnicity: _____ 60+ years of age? Yes No

Please list two references who have known you for more than one year.

1. Vicki J Schmidt Phone: [Redacted]
2. Wayne Schneider Phone: [Redacted]

Advocates for Independence, Individual Choice and Quality Community Services
Serving Older Persons and Persons with Disabilities

Please list your community service experience:

President of North Beach Senior Resource Center
Secretary of Ocean Shores Lions Club
Board of Directors - Associated Arts of Ocean Shores

Describe your experience/interest in aging and/or disability issues:

As I took total care of both my parents as they aged
it would have been most helpful and beneficial
to have had more help and resources.

Why would you like to serve on the Advisory Council?

To bring resources to the NBSRC and be able
to advise and help where needed.

Time commitment: The full Advisory Council meets the third Tuesday of every month (except December) usually at the Civic Center in Shelton, WA. Meetings are generally from 10:00 a.m. – 12:30 p.m., followed by lunch together. Mileage is reimbursed at the IRS rate. There are occasional additional meetings, dependent upon committee assignments or for special activities and projects. A brief list of "Advisory Council Roles and Responsibilities" is included for your reference with this application. In addition, each Council member is required to serve on at least one standing committee. Current committees are: Advocacy/Outreach, Allocations, and Planning.

I am aware of the time commitments involved, and if selected, I believe I will be able to fulfill them.


Applicant's Signature

6-8-2017
Date

Thank you for your application! Please return this form with any additional written materials you would like us to consider in the review of your application to:

Carol Ann Laase, Administrative Systems Manager, Olympic Area Agency on Aging,
11700 Rhody Drive, Port Hadlock, WA 98339 or FAX to (360) 379-5074.

The Advisory Council
of the
Olympic Area Agency on Aging
Meeting Minutes for October 19, 2021
Location: Conference Call

DRAFT

MEMBERS PRESENT: Beth Pratt, Chair; Becca Knievel, Vice Chair; Charla Wright; Connie King; Dale Jacobson; Ginny Adams; Joe Sharkey; Karen Sturnick; Margaret Taylor; Marti Anthony; Susan Conniry

MEMBERS ABSENT: Denny Evans; Jane Lauzon; Sandy Goodwick; Tom Edwards

O3A STAFF PRESENT: Laura Cepoi, Executive Director; Jody Moss, Director, Contracts Management & Planning; Ingrid Henden, Contract Specialist; Michelle Fogus, Contract Specialist.

GUESTS: Michelle Paganucci and Max Sanford of GetSetUp; Pam Tuttle, public.

CALL TO ORDER: 10:05 a.m. by Beth Pratt, Chair.

NEW BUSINESS/CHANGES to AGENDA: None.

PUBLIC COMMENT: No comment.

SELECT COG MEETING REPRESENTATIVE: Becca and Marti volunteered for the November 4 COG meeting which will be held by video conference.

MEMBERSHIP REVIEW: Jody announced that Carolyn Lindley has resigned her position on the council as a Clallam County representative. We are currently recruiting for a Tribal representative and a Grays Harbor representative and will run ads for the Clallam County opening.

REVIEW/APPROVE MEETING MINUTES: A motion to approve the minutes from September as written was made by Dale, with a second by Margaret. **Motion Passed.**

NOMINATING COMMITTEE: Beth appointed Charla Wright from Clallam, Laura Morris from Grays Harbor, Ginny Adams from Jefferson, and Connie King from Pacific to the Nominating Committee. Ingrid will coordinate a meeting prior to the November meeting for the committee to meet and discuss the election slate for 2022.

GetSetUp PRESENTATION: Michelle and Max presented GetSetUp, a website for active older adults to learn, connect and share with peers in small intimate classes. The site is free in Washington, thanks to a partnership with DSHS.

EXECUTIVE DIRECTOR REPORT: *Laura Cepoi*

Laura provided updates on legislative priorities. We are advocating for an increase in the Personal Needs Allowance (PNA), which is currently \$1,074 per month. The PNA is the amount someone who is on Medicaid gets to keep each month to pay for rent, food, utilities, and other living expenses. We are asking for an increase to \$2,900, which is 300% of poverty level. This would greatly increase equity for women and people of color. We are also requesting parity for case management rates; DSHS is reimbursed almost 25% higher than AAAs for case management services, and the challenges our case managers face serving clients in the community have continued to increase, both in acuity level and higher case numbers. O3A staff and Susan from the council were able to meet with Steve Tharinger last week to discuss these issues with him.

Laura updated the council on the Governor's vaccine mandate for state contractors and its minimal impact on the agency. All of O3A contractors met the requirement. O3A did lose one volunteer Long Term Care Ombudsman and one SHIBA volunteer because of the mandate.

Laura announced that case managers have resumed in-person home visits in most of our region; we have held back from resuming in Forks and Clallam due to the high number of cases.

Laura reviewed the upcoming changes to medical benefits for O3A employees. O3A will be joining with Public Employees Benefit Board for medical, dental, and vision benefits in 2022. Our rates with our current plan were going to increase by 56% for Premera and 120% for Kaiser, which was not a sustainable option. PEBB is a robust and safe plan that includes workers for the State of Washington, and should mean minimal increases in rates for O3A.

CONTRACT MANAGEMENT AND PLANNING DIRECTOR REPORT: *Jody Moss*

Jody introduced Michelle Fogus, O3A's new Contract Specialist. Michelle has been a case manager with O3A for two years, and has experience managing contracts prior to that time. Her time as a case manager will be invaluable for working with contractors. Michelle works out of the Aberdeen office.

Jody stated that O3A has received the American Rescue Plan Act (ARPA) funds; however, the Older Americans Act nutrition allocations to be approved later today do not include ARPA dollars.

Jody reviewed the information provided for Social Call and Well Connected, another opportunity for older adults to connect with others and participate in classes while remaining in their home. This service is free to older adults.

Jody presented the 2022 Older Americans Act allocations for Nutrition and Transportation to the council for their review and recommendation. Janis presented the 2022 OAA allocations for Senior Legal Services and Title III-D Evidence Based Programs. A motion to recommend the COG approve the 2022 OAA services contracts as proposed was made by Dale, with a second by Joe. **Motion Passed** with one abstention from M. Taylor who is a contractor for the TIII Evidence Based Programs.

LOCAL MEMBER REPORTING:

- Charla reported that the Sequim Chamber of Commerce is looking for a new Executive Director. November is National Home Care and Hospice month.
- Karen reported that Volunteer Hospice is looking for a Director of Resource Development.

STATE COUNCIL ON AGING (SCOA) REPORT: *Joe Sharkey*

SCOA meets next week, minutes will be sent out as they are available.

PUBLIC COMMENT: Pam thanked the council for all they do and said she was excited about the new information presented.

MEETING ADJOURNED: The meeting was adjourned by consensus at 12:00 pm.

Get help with Medicare Open Enrollment!



It's Open Enrollment until Dec. 7!

Friendly & knowledgeable SHIBA advisors are ready to help you at our FREE first-come, first-served walk-in clinics.

Drop by one of our walk-in clinics:

Port Angeles Senior Ctr
328 E 7th St,
Port Angeles WA
Nov. 19 & Dec. 3
9 a.m. to 12 p.m.

ShIPLEY Ctr
921 E Hammond St, #3527,
Sequim WA
Nov. 16 & 30, Dec. 7
9 a.m. to 12 p.m.

In Forks, call: 360-374-9496, ext 2

If you are unable to wear a mask or are unvaccinated, we have limited phone assistance available. Please leave a message at 360-417-8555. Help is also available from Medicare at 1-800-633-4227.

We're your local Statewide Health Insurance Benefits Advisors (SHIBA) program, offering free, unbiased & confidential Medicare help.

9 of 14
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INSURANCE
COMMISSIONER
WASHINGTON STATE

Get help with Medicare Open Enrollment!



It's Open Enrollment until Dec. 7!

Friendly & knowledgeable SHIBA advisors are ready to help you at our FREE first-come, first-served walk-in clinics.

Drop by one of our walk-in clinics:

Port Townsend Senior Center
620 Tyler, Port Townsend
Nov. 16 & Dec. 7, 12 p.m. to 3 p.m.

Tri-Area Community Center
10 West Valley Rd., Chimacum
Nov. 23 & 30, 9 a.m. to 12 p.m.

Quilcene Community Center
294952 US-101, Quilcene
Nov. 24, 10 a.m. to 1 p.m.

If you are unable to wear a mask or are unvaccinated, we have limited phone assistance available. Please leave a message at 360-417-8555. Help is also available from Medicare at 1-800-633-4227.

We're your local Statewide Health Insurance Benefits Advisors (SHIBA) program, offering free, unbiased & confidential help with Medicare





THERE IS A VERY GOOD REASON THE FLIGHT ATTENDANT ON THE AIRPLANE REMINDS YOU TO PUT ON YOUR OWN OXYGEN MASK BEFORE HELPING SOMEONE ELSE. – WE CAN ONLY HELP OTHERS IF OUR NEEDS ARE TAKEN CARE OF FIRST.

WHEN YOUR NEEDS ARE TAKEN CARE OF, THE PERSON YOU CARE FOR WILL BENEFIT AS WELL.

RESOURCES

[Hey Peers Caregiver Support Group](#)

[Washington Community Living Connections](#)
1-855-567-0252

[Caregivers.org](#)

[Family Caregiver Alliance](#)

[AARP Family Caregiving](#)

SELF CARE

For people who are caring for others

TOP TEN SELF CARE TIPS

1. MAKE GOALS

If having time to yourself seems impossible, try making mini self-care goals. For example, set a goal this week to take 5 minutes to stretch or to do a breathing exercise every day.

2. BE KIND TO YOURSELF

Give yourself credit for the complex work you are doing to care for your family member. Most caregivers say that caregiving can be rewarding AND challenging. Make and keep doctor appointments.

3. EXERCISE MOST DAYS

Even for a few minutes. If you can't leave the person you are caring for alone, take them with you.

4. GET OUTDOORS

Fresh air and a new view are good for us in so many ways.

5. GET ENOUGH SLEEP

Research ways in which you can get at least 7 hours of sleep.

6. TREAT YOURSELF

You are worthy! Take a walk, get a pedicure, etc.

7. DON'T IGNORE YOUR EMOTIONS

Stay connected with friends, seek out other caregivers to talk to.

8. READ, PRAY OR MEDITATE FOR AT LEAST 10 MINUTES A DAY

9. CHUCKLE MORE OFTEN

Look for levity in your situation. Watch a funny movie.

10. ASK FOR HELP

When people ask you what they can do to help, THEY REALLY DO WANT TO HELP! Give them the joy of helping.

IDENTIFYING PERSONAL BARRIERS

Sometimes, beliefs or cultural norms can become barriers standing in the way of caring for yourself.

When caring for another person, you must ask yourself:

- **What good will I be to the person I care for if I become ill?**
- **Do I think that I am being selfish if I put my needs first?**
- **Do I have trouble asking for what I need?**
- **Do I feel inadequate if I ask for help?**
- **Do I feel I have to prove that I am worthy of affection from the person I care for?**

Once you identify any barriers to good self-care, you can begin to take small steps toward changing behaviors that are standing in your way.



Olympic Area Agency on Aging

MEMO

DATE: November 5, 2021

TO: O3A Advisory Council and Council of Governments

FROM: Janis Housden, Contracts/Program Manager

SUBJECT: Increase in Legal Services Rate Reimbursement

FUNDING: Older Americans Act - Title III B

Background

Legal Services for older adults are a requirement of the Older Americans Act (OAA) funding.

O3A's Senior Legal Service Clinic Program (SLAC) is funded by 11% of the total OAA funding amount designated for Title III B Supportive Services. This amount is roughly \$70,000 per contract fiscal period.

As far back as I was able to electronically ascertain, SLAC attorneys have been reimbursed at a rate of \$100 per hour, with a required 25% donation match. Since 2014 and earlier, the attorney's sustaining our SLAC Program have been paid at a net rate of \$75.00 per hour.

Present

In 2021, two minor events will push a little more work and constraints of time onto the SLAC attorneys:

1. New data requirements from OAAPS – Older Americans Act Performance System. The SLAC attorneys now need to report the "type of case" and if the case is "open" or "closed".
2. Shorter invoice submission timeframe. To assist O3A's finance department in meeting their reporting deadlines with the state, it was determined that the attorneys must submit their monthly invoices at least two weeks earlier than previously arranged.

With these changes in mind, Corena Stern, CEO Finance, and I carefully assessed the legal services expenditures over the past several years. We determined that we could comfortably offer a small rate increase to the SLAC Panel of Attorneys, without over-spending the 11%, and affording a cushion should there be a need to increase legal services in more populated areas (e.g. Aberdeen, Port Angeles).

Effective January 1, 2022

O3A will increase the rate of reimbursement by 25%. This means the attorney will be offered a rate of \$125 per hour with a 25% required match of \$31.25. The net amount to the attorney will be \$93.75.

###



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Phone: 360-379-5064 or 1-866-720-4863 Fax: 360-379-5074

2022 ADVISORY COUNCIL MEETING SCHEDULE

Meetings are scheduled for the 3rd Tuesday of each month.

Meetings are currently set via ZOOM until further notice.

In-Person meeting are usually at the Shelton Civic Center.

JANUARY 18

FEBRUARY 15

MARCH 15

APRIL 19

MAY 17

JUNE 21

JULY = NO MEETING (tentative)

AUGUST = NO MEETING (tentative)

SEPTEMBER 20

OCTOBER 18

NOVEMBER 15

DECEMBER = NO MEETING